

Sarah Neuman Center Launches Night Care Program

Some elders who suffer from Alzheimer's disease and other forms of dementia experience nighttime wakefulness and agitations, which can be stressful for the elders and their family caregivers.

The Jewish Home Sarah Neuman Center in Mamaroneck has introduced a pilot Night Care Program, designed to engage and comfort elders with dementia related night time behaviors and to provide respite for their caregivers.



This innovative program is supported by a grant from the New York State Department of Health's Balancing Incentive Program Innovation Fund.

The NightCare program is available 7pm to 7am several nights per week and includes:

- Dinner, snacks and breakfast
- Art, music and dance and other recreational activities
- Falls prevention and safe walking programs
- Elder-friendly yoga, Tai chi and other exercises
- Therapeutic and mind-stimulating games
- Personal care and medication reminders

The Night Care program also includes a caregiver support group to help families cope with strain of dementia care.

For more information contact Connections: email Connections@jewishhome.org or call (800) 544-0304